

Are **you** at risk for osteoporosis?

- ❁ Do you have a small thin frame?
- ❁ Did an immediate female family member ever break a bone as an adult?
- ❁ Are you a postmenopausal woman?
- ❁ Have you had an early or surgically induced menopause?
- ❁ Have you been taking excessive thyroid medication or high or prolonged doses of cortisone-like drugs for asthma, arthritis, or cancer?
- ❁ Is your diet low in dairy products?
- ❁ Are you physically inactive?
- ❁ Do you smoke cigarettes or drink alcohol in excess?

For more information on this topic or regarding your local Regional Arthritis center (RAC) call 1-800-316-0935 or visit the Missouri Arthritis and Osteoporosis Program (MAOP) web site at www.state.mo.us/maop.